

YOU CAN DO IT!

STUDIES SHOW THAT UP TO 80% OF NEW YEAR'S RESOLUTIONS FAIL BY MID-FEBRUARY.

If you're starting to loosen the rein on sticking to your goals now's the time to whip yourself back in shape and get back on track. The more effort you put into your goals, the more reward you'll see in the end.

IN THIS NEWSLETTER

You Can Do It!.....01

How Can You Celebrate During a Pandemic?.....02

Employee Spotlight.....03

Recipe of the Month.....04

Ice Cream Day.....05

National Heart Month.....06

#WearRedDay.....07

February Challenge.....08

Coming Up.....09

Flyers.....10-11

HERE ARE SOME TIPS TO STAYING ON TRACK:

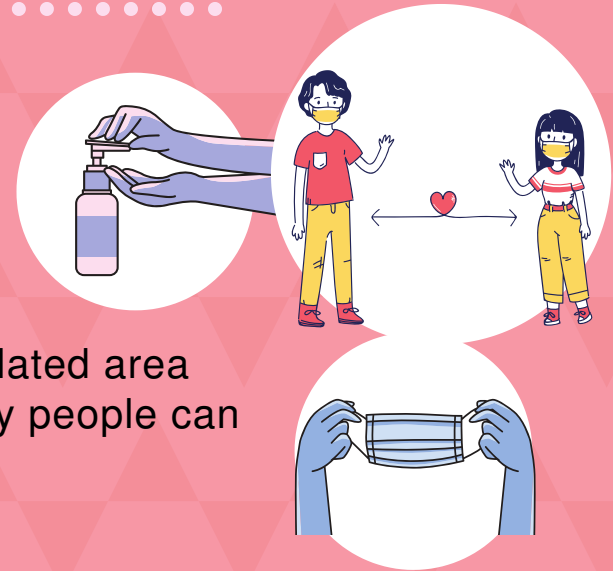
- Don't break the promises you make to yourself.
- Show accountability.
- Change the pace or try something new to keep yourself engaged.
- Reevaluate the reasoning behind setting your goals. Why are these goals important to you? What might happen if you don't reach these goals?
- Reassess and adjust the amount of time and effort you're putting into your goals if your schedule is becoming too full. It's better to temporarily lighten your load and need extra time to accomplish your goal than to stretch yourself thin and burnout before you can reach them.
- Invite friends or family to participate and support you.
- Always plan ahead. It's better to be prepared and set realistic expectations for yourself rather than to jump in the deep end before you've learned how to tread the water!

HOW CAN YOU CELEBRATE DURING A PANDEMIC?

With Valentine's Day and the Super Bowl coming up, many of us will want to celebrate. Here are some tips and reminders of how to celebrate safely!

If you are celebrating with people you don't live with:

- wear a mask
- sanitize
- stay six feet apart
- only gather in small groups
- consider gathering outside or in a well-ventilated area
- understand your location size and how many people can comfortably fit while staying six feet apart
- Choose to virtually meet with loved ones



Tips for Food and Valentine's Gifts:

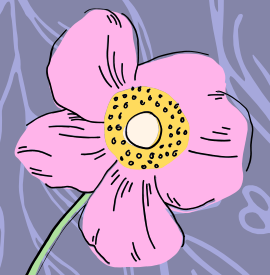
- Set out food in small individual bowls or make sure people have their own utensils to scoop out food in large bowls to limit direct contact with shared food.
- Deliver and trade a portion of the food you've made with your friends and family
- Instead of eating at restaurants order takeout or make a homemade meal.
- If you're at high risk, shop online or DIY a valentine's gift.

Remember to stay positive! We may not be able to celebrate in ways we used to, but get creative and find new ways to have fun:)





MARY SEEMANN
Field operations - ZOO



Interests:

HOBBIES: yoga, cycling, hiking, gardening

MUSIC: Punk, Indie, Rap, Metal, Blue Grass

FOOD: Indian, NACHOS, Maryland crabs



THIS OR THAT

Adventurous or Cautious

Call or Text

Spicy or Mild

Oreos or Chips Ahoy

City or Country

Neutrals or Bright Colors

Casual or Dressed Up

Early Bird or Night Owl



Vegetarian Quesadilla

(Kid and Carnivore Approved)

This recipe comes from <https://ifoodreal.com>

Vegetarian Quesadilla with black beans, veggies and moderate amount of cheese tucked inside a whole wheat tortilla and then baked. Or turn into a freezer meal for busy weeknights.

INGREDIENTS

- 8 whole wheat large 8" tortillas
- 14 oz can black beans rinsed and drained
- 1 cup corn
- 1 large bell pepper diced
- 1/3 cup cilantro finely chopped
- 1/3 cup red onion minced
- 2 tsp cumin
- pinch of salt
- 2 2/3 cups cheese that melts well shredded (cheddar, mozzarella)
- salsa guacamole and yogurt for serving

DIRECTIONS

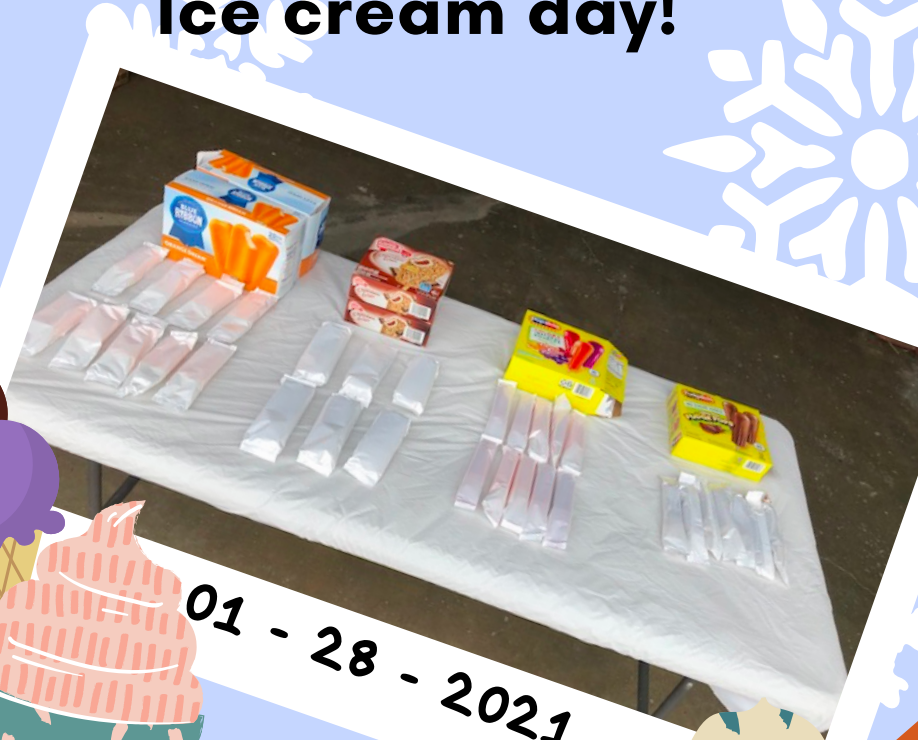
1. In a large mixing bowl, add **black beans, corn, pepper, cilantro, red onion, cumin and salt**; stir well to combine. Preheat oven to **350 degrees F** and line 2 large baking sheets with parchment paper or silicone mats.
2. Build each quesadilla: on half of tortilla sprinkle **3 tsp (half of 1/3 cup) of cheese**, spread **1/2 cup veggie mixture** and sprinkle with remaining **3 tbsp of cheese**. Fold the other half of tortilla on top pressing on it somewhat gently-hard making a half moon shape. Repeat and make 8 quesadillas. If you have any leftover veggie mixture - eat it.
3. **Bake for 20 minutes**. Remove from the oven, let **rest for 3-5 minutes** and cut each quesadilla in half using serrated knife. Serve with salsa and yogurt.



Nutrition

Serving: 4 slices | Calories: 584kcal | Carbohydrates: 63g | Protein: 31g | Fat: 25g | Saturated Fat: 13.6g | Cholesterol: 49mg | Sodium: 752mg | Potassium: 258mg | Fiber: 11g | Sugar: 8g | Vitamin A: 1890 IU | Vitamin C: 41mg | Calcium: 719mg | Iron 4mg

WASTEWATER TREATMENT PLANT DEPT. Ice cream day!



Even though it was snowing, it was the perfect temperature for keeping the ice cream from melting!



Remember to email pictures and details of your department's fun activities and events that promote teamwork, improve moral, or show appreciation!

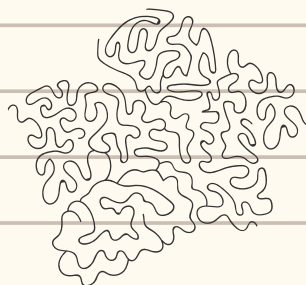
Contact Jessica Budd, Donna Haag, or Diane Carter with your photos and details.

National Heart Month

It's important to take care of your heart, especially now more than ever! Take the time to educate yourself about your heart and how you can keep it healthy.

HOW CAN YOU KEEP YOUR HEART HEALTHY?

- exercise regularly
- eat a healthy diet
- maintain a healthy weight
- manage your stress
- sleep at least 7-8 hours every night
- have regular check-ups with your doctors
- educate yourself about the heart



FUN FACT: Laughing can increase your blood flow by **20%**. Positive effects can last up to **24 hours**. Have a good laugh every day!



TEST YOUR KNOWLEDGE ABOUT THE HEART BY TAKING THIS QUIZ:

What Makes You Tick?
Heart Facts

Visit the National Heart, Lung, and Blood Institute (NIH) website for more information about American Heart Month and #OurHearts!

#WearRedDay



MARK YOUR CALENDARS! SHOW YOUR AWARENESS FOR HEART DISEASE BY WEARING RED ON FEBRUARY 5TH.



Click to learn more about National Wear Red day!

FEBRUARY "HEART HEALTHY" CHALLENGE

- ✓ Keep track of your physical activity, self-care, and dietary modifications for a month
- ✓ Earn points for what you do and how long you stick to it
- ✓ Write everything you've done on your calendar and turn it in at the end of the month

300+ points
guaranteed a prize

150-299 points
guaranteed a smaller prize

50-149 points
name will be added to a random
drawing to win a prize

All participants will receive an
anatomical heart charm

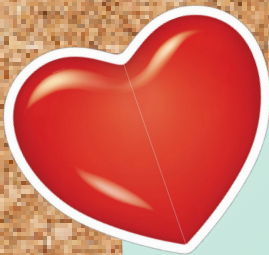


To see the point system, suggested activities and modifications, and to download the calendar click [here](#).

SIGN UP!

**TAKE THE CHALLENGE, WIN A PRIZE, AND
IMPROVE YOUR HEART HEALTH!**


COMING UP

- 
- Wear red on **FEB. 5TH** to show heart healthy awareness
 - Coffee Break on **FEB. 18TH**
 - Game: 6 Degrees with Mike Fiorelli



- Taco Tuesday 3:00-5:00pm on **FEB 23rd** at the Pantry
 - see attached flyer below for more details



- 
- Participate in the February "Heart Healthy" Challenge

- see page 08 for more details




- Employee of the month deadline is Friday, **FEB. 26th**
 - click [here](#) for the form
 - email to Julie English
- Salisbury's Cold Weather Shelter needs volunteers
 - see attached flyer below for more details



- Day Family Basket
 - looking for items for February Valentine's Basket



The background of the poster is a repeating pattern of orange tacos with green lettuce and red tomatoes. In the top right corner, there is a colorful piñata with a blue body, red and orange fringes, and a blue string tied around its neck.

TACO TUESDAY

Stop by The Pantry for Taco Tuesday! Everything except refrigerated ingredients will be provided in the prepackaged taco kits.

Where

**Downtown Visitor Center/The Pantry
110 N. Division
St. Salisbury, MD 21801**

When

Tuesday, February 23rd 3:00 PM - 5:00 PM

Make it fun for the whole family by having your little ones help wash and dry the lettuce, spinach, and tomatoes!

Sign up here:

https://docs.google.com/spreadsheets/d/19Oh8t7LbjLSVLmkLzEZQj3yw6-fb0h0nukQ_K7jsppw/edit#gid=0

**If you have any questions please contact Amy at
azaprowski@salisbury.md**

Salisbury's Cold Weather Shelter needs VOLUNTEERS!

HOW YOU CAN HELP

Volunteer here: www.tinyurl.com/cespsignup

INTAKE

Signing people in and only providing entrance to those who are allowed. Also, reminding everyone to social distance and wash their hands! ANYONE CAN DO THIS.

OVERNIGHT

There will be *two* volunteers working shifts overnight to make sure rules are followed. They will also be responsible for letting in meal train volunteers the next morning. This is a men's only shelter, therefore only men will be allowed to stay overnight.

MEAL TRAIN

- Provide meals for approximately 30 Men.
- Breakfasts should be grab and go.
- Bagged lunches should include: sandwich, fruit, snack, and drink.
- Dinner can be brought in or cooked on location. *If cooking on location, please arrange prior.*

Sign up for Meal Train here: <https://mealtrain.com/2y20d8>

IMPORTANT: Remember that masks are required while volunteering and all volunteers have the option to receive the COVID-19 vaccine!